

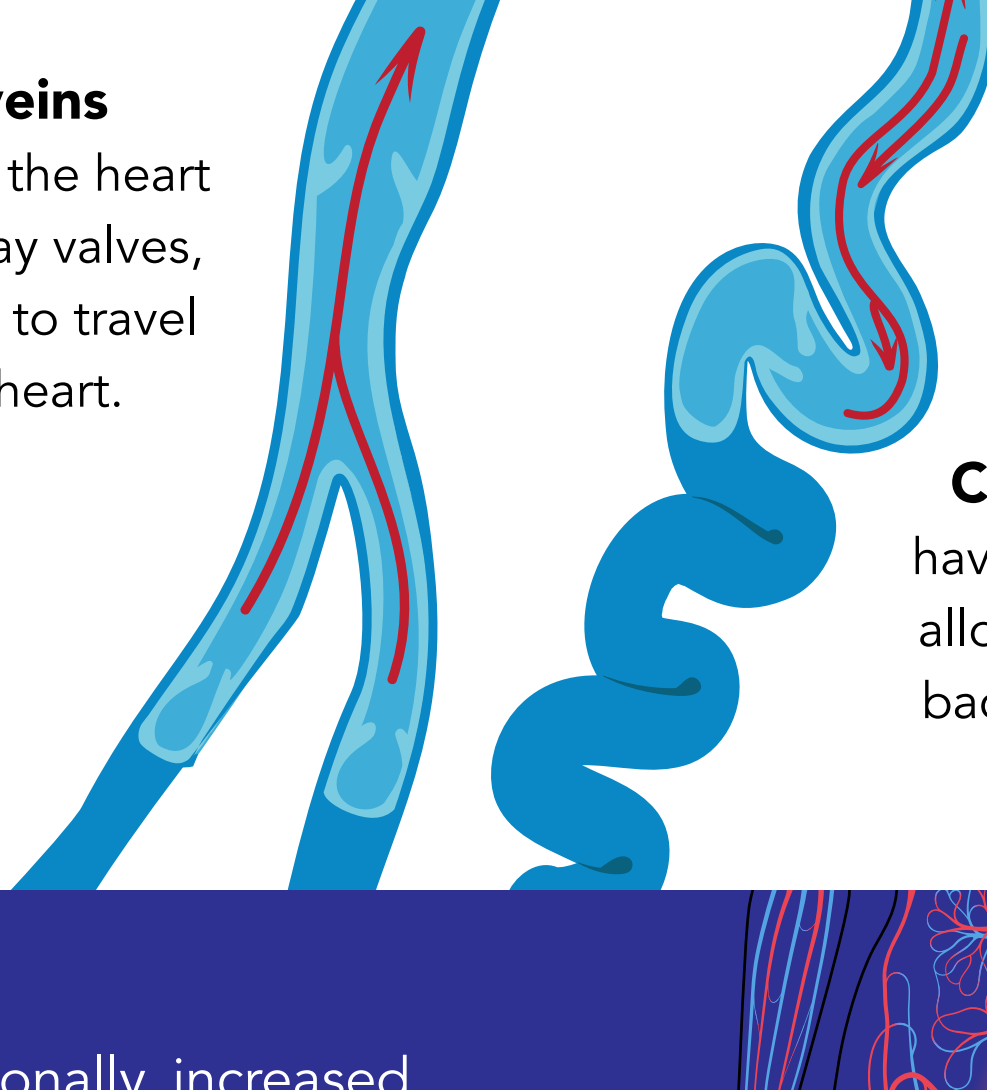


WHAT IS Pelvic Congestion Syndrome?

Pelvic congestion syndrome, also called pelvic venous congestion, falls under a broader range of pelvic venous disorders which are a known, but often unrecognized cause of chronic pelvic pain. Varicose pelvic veins develop when the valves in veins are not working correctly, or occasionally when critical deeper veins are obstructed, causing blood to pool and distend pelvic veins.

Healthy veins

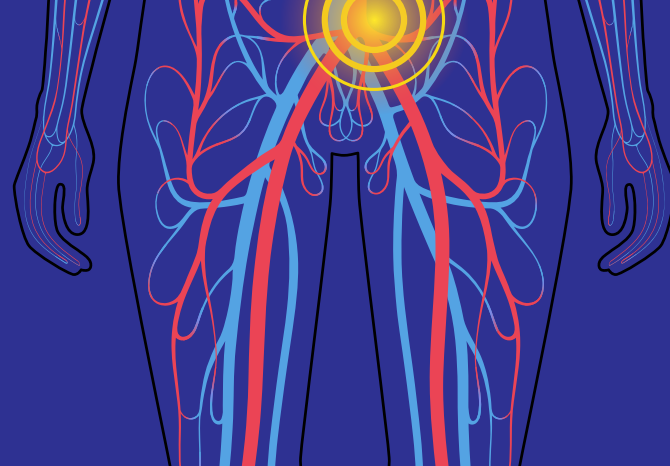
return blood to the heart through one-way valves, allowing blood to travel toward the heart.



Congested veins

have weakened valves, allowing blood to flow backward and distend pelvic veins.

Occasionally, increased pressure inside pelvic veins may be the result of an obstruction in the major veins draining the pelvis.



Commonly Recognized Associations

Although the causes of pelvic venous congestion are complex and poorly understood, a few commonly recognized associations include:

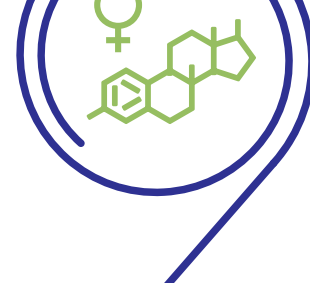
Family history of venous disease



Multiple pregnancies



Estrogen



Pelvic or renal vein compression



30%

It is estimated that 30% of patients with chronic pelvic pain of an unknown cause actually suffer from a symptomatic pelvic venous disorder.

What Are the Symptoms of Pelvic Congestion Syndrome?

Typical symptoms of pelvic congestion include:



Dull aches and/or heaviness in the pelvis, often made worse by prolonged standing



Bloating sensation



Pain in the lower back



Visible varicose veins on the buttocks, vulva, and upper thighs



Painful menstrual cycles with referred pain in the legs



Increased urination frequency



Pain during and after intercourse

How Is Pelvic Venous Congestion Diagnosed?



Unfortunately, pelvic venous congestion often goes unrecognized and untreated. Symptoms, physical exam and ultrasound findings have a high combined predictive value in diagnosing pelvic venous disorders. The ability of **duplex ultrasound (DUS)** to image realtime makes it an important tool in the evaluation of possible pelvic venous congestion.

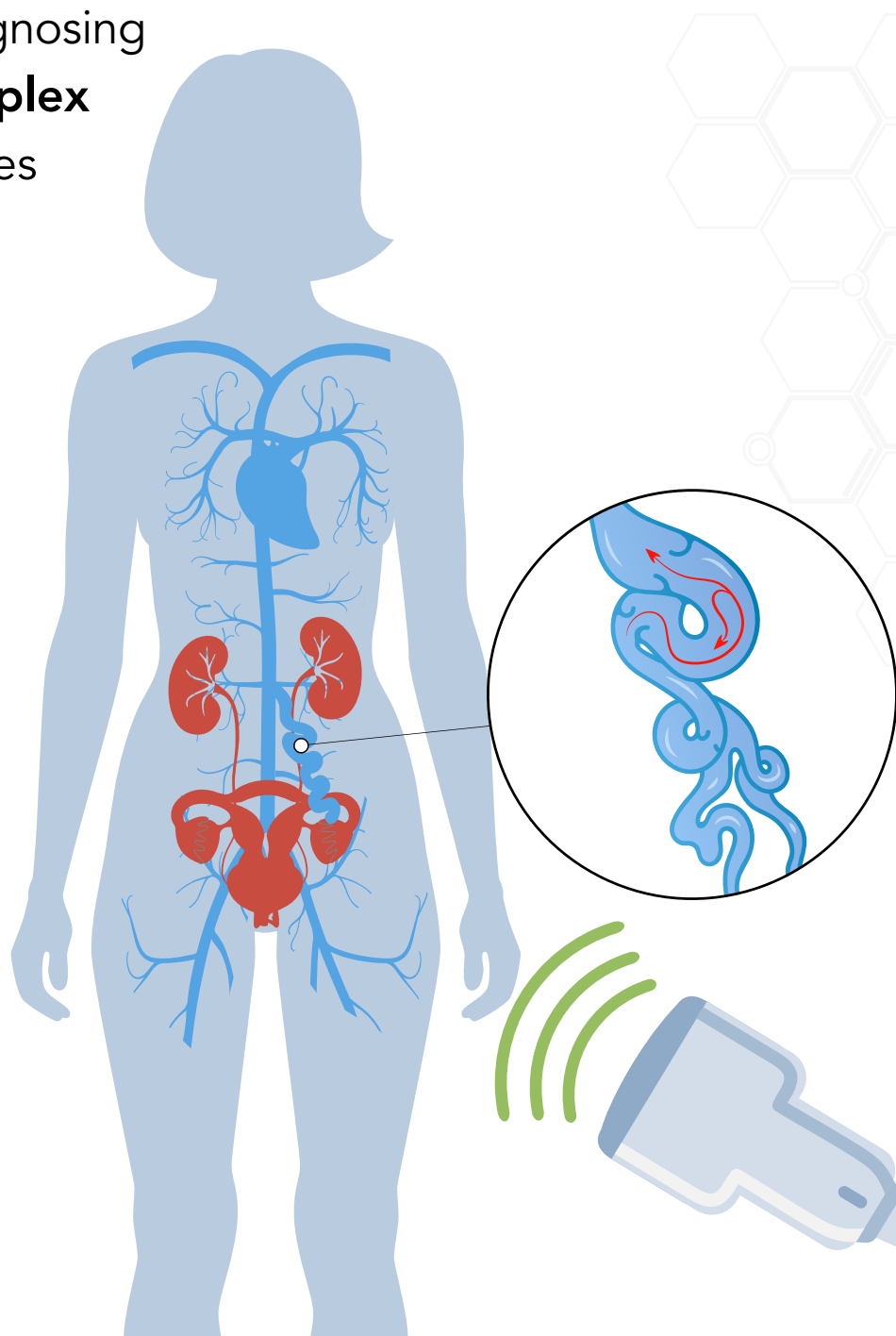
Because there are many other potential causes of chronic pelvic pain, medical professionals may conduct multiple exams and tests including:

✓ Pelvic exam

✓ Pelvic duplex ultrasound

✓ CT or MRI scan

✓ Laparoscopy



What are the Treatment Options?

Once a patient is diagnosed with pelvic venous congestion, it can often be successfully treated with a minimally invasive procedure called embolization. Pelvic venous embolization requires little or no downtime and is performed in an outpatient setting. Occasionally, a compressed iliac vein may contribute to venous congestion and a stent may be indicated to help restore normal flow.

EMBOLIZATION:



Requires little or no downtime



Performed as an outpatient



Minimally invasive, but highly effective



After treatment, patients are typically able to return to most routine activities the same day.



Treatment Tips



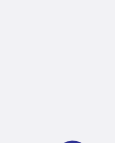
Wear comfortable clothing to the procedure



Over-the-counter pain medication is typically all that is needed after the procedure



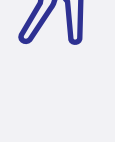
Eat a light meal the evening before your procedure



While recovering, stay active but avoid heavy lifting



Don't eat or drink less than 6 hours before treatment, unless directed by your doctor



Reach out to your treating doctor with any questions or concerns



Learn more at iVein.com

RESOURCES

Black, C.M. and Dillavou, E.D. "Endovascular Treatment for Pelvic Venous Congestion." Master Techniques in Surgery - Vascular Surgery: Hybrid, Venous, Dialysis Access, Thoracic Outlet and Lower Extremity Procedures. Ed. R. Clement Darling III, Ed. C. Keith Ozaki. Philadelphia. Wolters Kluwer, 2016, pp. 127-134. Print. <https://www.ivein.com/venous-disease/pelvic-congestion-syndrome/> <https://stanfordhealthcare.org/medical-conditions/womens-health/pelvic-congestion.html> <https://thewhiteleyclinic.co.uk/wp-content/uploads/The-Impact-of-Pelvic-Congestion-Syndrome-Report.pdf>